

7 Tips for Using a Mood Meter

1. Introduce the mood meter by talking about each color and its related emotion (Angry, Happy, Sad, Calm). Explain these emotions and over time introduce other emotions that may be included within that color (For example: Angry- Frustrated, Impatient, Jealous/ Sad- hurt, disappointed, lonely/ Happy-excited, proud, pleased/ Calm -peaceful, relaxed, content).
2. Share examples for each color and ask the children to share examples of when they have felt that way before.
3. Use the mood meter for a daily morning check in. Have each child place their picture or name on how they are feeling when they first arrive for the day.
(This can be done using velcro or magnets.)
4. Place the mood meter in a quiet area/cozy corner so it is available for the children to use whenever needed.
5. When a child is upset redirect him/her to the mood meter to share how they feel and then work together to problem solve and find a solution to help them to feel happy again.
6. Play the Mood Meter Game by telling a story and asking the children to show which color (emotion) they would feel if that happened to them. Then work together to problem solve and find a solution.
7. As you read books, stop and ask the children what color the characters are feeling throughout the story.